## DECEMBER 2025

(609) 799-9068

(609) 799-9068				
Monday 1	Tuesday 2	<u>Wednesday</u> 3	Thursday 4	<u>Friday</u> 5
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
9:15 Stronger Seniors Chair Class	9:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
(double classroom)  10:15 Yoga - Kelly (activity room)	9:30 Yoga - Ria (activity room)	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
<pre>(double classroom) \$\$ 11:30 Strength - Ed (activity room)</pre>	11:30 Chair, Stretch & Tone - Lisa (activity room)	(activity room)  11:45 Duplicate Bridge	(activity room)  1:00 Investment Group	10:45 Bollywood Dance (activity room)
1:30 Drawing with Calligraphy - Margaret	(accivity 100m)	(double classroom) SHIP Counselor	(double classroom)  1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
(double classroom) \$\$		12:00, 1:00, 2:00  2:50 International Ballroom	(activity room) \$\$	
8	9	(activity room) \$\$	11	12
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
9:15 Stronger Seniors Chair Class	09:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Kelly (activity room)
(double classroom) 10:15 Yoga - Kelly (activity room)	9:00 Glucose Screening 9:30 Yoga - Ria	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia (double classroom) \$\$	(activity room)  10:00 Spanish 2 - Nelida	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Kelly	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
(double classroom) \$\$ 11:30 Strength - Ed (activity room)	(library/Z00M) \$\$ 11:30 Chair, Stretch & Tone	(activity room)  11:45 Duplicate Bridge	(activity room)  1:00 Investment Group	10:45 Bollywood Dance (activity room)
1:30 Drawing with Calligraphy - Margaret	- Kelly (activity room)	(double classroom)  2:50 International Ballroom	(double classroom)  1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
(double classroom) \$\$ 15 HAPPY HANUKKAH	16	(activity room) \$\$	(activity room) \$\$	19
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
9:15 Stronger Seniors Chair Class (double classroom)	9:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Kelly (activity room)
10:15 Yoga - Kelly (activity room)	9:30 Yoga - Ria (activity room)	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia (double classroom) \$\$	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi – Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Kelly (activity room)	(activity room)  11:00 Blood Pressure Screening	(activity room)  1:00 Investment Group	10:45 Bollywood Dance (activity room)
1:00 - 3:00 Session 1 - H.O.P.E. (library)		11:45 Duplicate Bridge (double classroom)	(double classroom)  1:00 Zumba – Vin	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$		2:50 International Ballroom (activity room) \$\$	(activity room) \$\$	26 14000/ 1/140000
9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	SENIOR	SENIOR	SENIOR
(activity room) 9:15 Stronger Seniors Chair Class	09:00 Spanish 1 - Nelida (library/ZOOM) \$\$	CENTER	CENTER	CENTER
(double classroom) 10:15 Yoga - Kelly	9:30 Yoga - Ria			CLOSED
(activity room) 11:00 Art of Oil Painting	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$	CLOSED	CLOSED	CLUSED
<pre>- Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room)</pre>	11:30 Chair, Stretch & Tone - Kelly (activity room)			
1:00 - 3:00 Session 2 - H.O.P.E.				
(library)  1:30 Drawing with  Calligraphy - Margaret				
(double classroom) \$\$ 29	30 CENTOD	31 NEW YEARS EVE		
SENIOR	SENIOR	SENIOR		
CENTER	CENTER	CENTER		
CLOSED	CLOSED	CLOSED		